

# Torticollis: Assessment and Treatment of Infants and Children:

## “Impact on the Movement System of Infants and Beyond”

Cindy Miles PT, PHD, PCS, CDNT



### Faculty

Cindy Miles, PT, PhD, PCS, CNDT established her pediatric private practice in 1981. Dr. Miles is a graduate of the University of Pittsburgh, School of Health-Related Professionals and East Stroudsburg University with a Master of Education in exercise physiology. She also holds a PhD in Pediatric Science from the Rocky Mountain University of Health Professions. Her doctoral research was on potential risk factors related to the diagnosis of Torticollis. She is Board Certified by the American Board of Physical Therapy Specialties as a Pediatric Clinical Specialist, specializing in treating children from birth through to young adults. Cindy completed the eight-week Pediatric NeuroDevelopmental training course and the Advanced Infant course. Dr. Miles is serving as President of the Academy of Pediatric Physical Therapy (APPT) and is presently the Co-Chair and Meeting Planner for the Academy's Annual Conference (APPTAC). Dr. Miles presents nationally on pediatric private practice and reimbursement as well as nationally and internationally on Torticollis, Plagiocephaly, and Fitness for All Abilities. She has published in peer review journals and books on topics related to pediatric physical therapy. [www.cin-dymiles.com](http://www.cindymiles.com) or [www.traintotriumph.com](http://www.traintotriumph.com). *Disclosure: Financial: Cindy Miles*

### About this Live Webinar

This dynamic evolving course will concentrate on progressive, effective evaluation and treatment schemes for infants and young children with a diagnosis of torticollis, including challenging cases. The course is designed to provide therapists with current research and recommendations pertaining to the implications of torticollis, sleep posture and increased use of positional devices on infant postural and motor development. Current evidence-based clinical pathways and guidelines for management of torticollis and related movement impairments, including Clinical Practice Guidelines from APTA - Academy of Pediatric Physical Therapy, will be incorporated. Red flags for related early infancy and preschool diagnoses will be appraised. Current functional, clinically oriented evaluation and evidence-based treatment strategies for infants and young children that can be integrated into routines and play will be provided. Diagnostic procedures and surgical intervention will be reviewed. Recommendations for referrals and secondary specialist consultations will be presented. Emphasis on home exercise programs and effective strategies to team with parents will be explored. Introduction to long-term follow-up and implementing annual check-ups will be incorporated throughout the webinar. Learning opportunities for therapists and medical professionals involved in pediatrics will transpire through lecture, case reports, group problem solving, video review, and lab practicum. The extensive use of pictures and videos throughout the 2 days of intensive course materials will allow participants to problem solve and identify movement and tissue impairments related to the diagnosis of torticollis, providing functional ways to evaluate and treat.

### Objectives

- 1 Identify the incidence, etiology and pathophysiology of torticollis and discuss the importance of early identification and early referral through systematic screenings and evaluations by health care providers
- 2 Identify the impact of torticollis on movement and associated body structures and function.
- 3 Problem solve current evidenced based treatment regimens for torticollis
- 4 Discuss the relationship of “the change in sleep posture,” effects of increased positional devices, and environmental influences on postural and musculoskeletal development
- 5 Relate current research and recommendations pertaining to SIDS and the efficacy of back to sleep. Review diagnoses related to the health policy change.
- 6 Collaborate and cultivate parent/caregiver’s understanding of the child’s health condition, interventions, and compliance to home education/therapy program. and follow-up recommendations

Help your patients achieve better outcomes.

## Schedule – Day 1 9:40am - 6:00 pm EST (US)

9:40–10:00	Webinar Registration/Zoom Course Opens
10:00–12:00	Etiology, Pathophysiology, Incidence <b>Lab</b> SIDS Research Health Policy Shift Sleep Position Changing Symptomatology/Clinical Implications Health Policy Shift-Impact on Development/Compensatory Postures
12:00–12:15	Break
12:15–2:00	Anatomy Review Differential Diagnosis Associated Pathologies/Impairments Ocular Torticollis GERD Hip Dysplasia Extension Bias/Hypotonia Toe Walking
2:00–3:00	Lunch
2:30–4:30	Developmental Components Treatment/Movement Components Vision Development
4:30–4:45	Break
4:45–6:00	Assessment Documentation

## Audience

Physical, Occupational & Speech Therapists; Nurses, including NICU, Nurse Practitioners, Orthotists, Physician Assistants, and Physicians

## Schedule – Day 2 9:40 am - 6:00 pm EST (US)

9:40–10:00	Webinar Registration/Zoom Course Opens
10:00–12:00	Goal Planning HEP Treatment Indicators Facial Asymmetry
12:00–12:15	Break
12:15–2:00	Treatment: Clinical Pathways/Protocols/Outcomes Manual Stretching/Functional Range of Motion (Lab) Functional Strengthening Functional Play
2:00–2:30	Lunch
2:30–4:30	Treatment: (continued) Problem Solving Participant Cases Positioning/Including NICU Taping (Lab)/Tot Collar
4:30–4:45	Break
4:45–6:00	COVID-19 – Resources Clinical Decision Making/Follow-up Botox Surgical Intervention Related Infant Trends Summary/Conclusions

Register for “Torticollis: Assessment and Treatment of Infants and Children” AND Cindy’s 1-day live webinar “Plagiocephaly: Assessment & Treatment of Infants and Toddlers” and save.

See website for course dates and complete details.

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## Credits

This course meets the criteria for



Education Resources, Inc. is an AOTA Approved Provider of professional development. Provider #3043. This Distance-Learning Interactive (webinar) is offered at 14 contact hours (1.4 CEUs. (Intermediate-OT Service Delivery). AOTA does not endorse specific course content, products or clinical procedures.

NBCOT Professional Development for 14 PDUs.

Approved provider of the FL Board of Occupational Therapy-CE Broker – 16.5 hrs.

This course meets the approval of the TX Board of OT Examiners.

Most Physical Therapy State Boards accept webinars as a live offering. Please check with your state board to confirm.

Approved sponsor by the State of IL Department of Financial and Professional Regulation for Physical Therapy for 16.5 contact hours. Application has been made to Illinois EI Training Program.

Application has been made to the FL Physical Therapy Association for 16.5 continuing education contact hours.

Application has been made to the NJ Board of Physical Therapy Examiners.

Application has been made to the OK Board of Medical Licensure and Supervision for Physical Therapy.

Approved by MD Board of Physical Therapy Examiners.

Approved provider by the NY State Board of Physical Therapy for 16.8 contact hours (1.68 CEUs).

Education Resources, Inc. is an approved provider for Physical Therapy CEUs in the following states: CA, KY and TX.

The following state boards of physical therapy accept other states' approval: AK, AR, AZ, DC, DE, GA, HI, ID, IN, KS, MI, MO, MS, NC, OR, PA, RI, SC, UT, VA, VT, WI, WY.

The following state boards of physical therapy either do not require course pre-approval or do not require CEUs for re-licensure: AL, CO, CT, IA, MA, ME, MT, NE, ND, NH, SD, WA.

12 hours of this course qualify towards the discipline-specific hours for the 20-hour requirement for NDTA re-certification. They do NOT qualify towards the 8-hour NDTA Instructor requirement for re-certification.

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## Webinar Dates and Times – 2022

### January 22 and 23, 2022

**9:40 am EST • 10:40 am CST • 11:40 am MST • 12:40 pm PST (US)**

Registration is for both sessions. Zoom log-in instructions and course materials will be emailed/added to your ERI account 5-7 days prior to the first date of the Webinar.



\$369 fee. **LIMITED ENROLLMENT** Cancellation will be accepted until 14 days prior to the start date of the course, minus a \$75 Administration Fee. There will be NO REFUNDS after this 14 day deadline. We encourage you to register online!

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"Impact on the Movement System of Infants and Beyond"  
Cindy Miles PT, PHD, PCS, CDNT**

**January 22 and 23, 2022**

**Course Registration Form**

Name: \_\_\_\_\_

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City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_

Cell Phone: \_\_\_\_\_

Needed in the event of an emergency scheduling change

Email: \_\_\_\_\_

Please clearly print your email address for course confirmation

Employer: \_\_\_\_\_

Discipline: \_\_\_\_\_ Specialty: \_\_\_\_\_

How did you learn of this course? \_\_\_\_\_

Education Resources reserves the right to cancel any course due to insufficient registration or extenuating circumstances. We are not responsible for any expenses incurred by participants if the course must be cancelled.

I have read your refund policy above and understand.

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